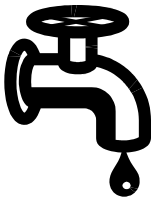


Most people tend to overlook water when thinking about nutrition.



However, even though we can go without food for many weeks, we cannot go without water for more than a few days. Water is essential to life because it is used continuously by every cell of the body.

### Water's Many Roles:

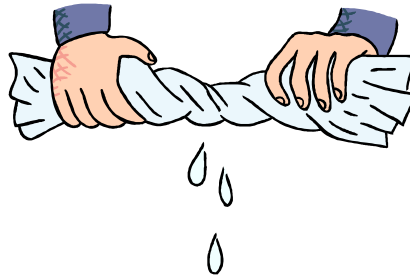
**Water** regulates the body temperature, as the cooling and heating is distributed through perspiration.

**Water** provides a solution for all of the body's fluids. These include blood, the digestive juices, urine, and perspiration.

**Water** helps balance the acids in the body and carries nutrients into all the body's cells.

**Water** plays a role in the nervous system by transmitting electrical impulses.

**Water** helps the body process the indigestible portion of food called fiber. Fiber has been shown to reduce the risk of colon cancer and cardiovascular disease.



### The Body's Balancing Act

One of the body's most important balancing acts is the relationship between salt and water. The body needs salt and water. The two should be in the correct proportions. The body can only store a limited amount of water. Luckily, the body produces an automatic reaction, **THIRST**. If the water level gets too low, thirst is the body's way of telling us to drink more water.



Some individuals, particularly the elderly, have a diminished sense of thirst. We all need to remember to drink enough fluids, whether we feel thirsty or not.

Amy Bird, Dietetic Educator  
amy.bird@ky.agr

### Find Your Water Level

A good rule of thumb is to drink about eight to ten 8-ounce glasses of water and/or other liquids each day. Fruit and vegetable juices are good for you too!

It would be wise not to drink too much water just before bedtime, especially if you have difficulty sleeping at night. You might have to get up during the night to go to the bathroom.

Make sure you increase your intake of water if you engage in exercise or other rigorous activities.

Try to get your eight glasses of water a day to fully enjoy its many health benefits.



## Garden Supper Casserole

adapted from the USDA fact sheet

2 cups soft bread, cubed  
½ cup shredded, low fat cheese  
5 Tbs. margarine, melted  
1 cup cooked green beans  
2 Tbs. onion, chopped  
3 Tbs. flour  
1 tsp. salt  
1/8 tsp. pepper  
1 ½ cup fat free milk  
1 cup canned beef, rinsed  
1 large tomato, sliced

Preheat oven to 350°F.

Mix bread cubes, cheese, and 2 tablespoons melted margarine.

Spread half the mixture in greased 1 quart casserole dish and top with green beans.

Cook onion in 3 tablespoons margarine until onion is tender. Blend in flour and seasonings.

Cook over low heat, stirring until mixture is bubbly.

Remove from heat, add milk, and return to a boil, stirring constantly. Boil and stir for 1 minute.

Stir in meat and pour over green beans.

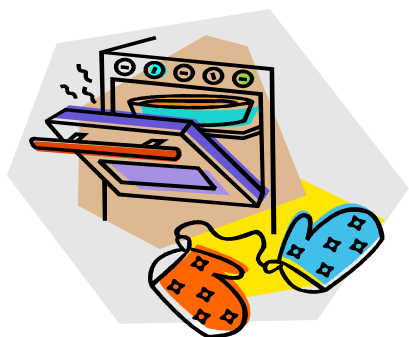
Arrange tomato slices on top and sprinkle with remaining bread mixture.

Bake uncovered at 350°F for 25 minutes.

Serves 4

Nutrition information per serving:

Calories	419	Total Fat	24 g
Cholesterol	48.5 mg	Saturated Fat	6.6 g
Sodium	1272 mg	Carbohydrates	26 g
Protein	26 g	Fiber	2 g
Iron	3 mg	Vitamin A	1279 IU
Calcium	269 mg	Vitamin C	14 mg



## Chilled Apricot Salad

This recipe has not been tested or standardized by USDA.

12 (15.5 ounce) can apricots, quartered  
12 (15.5 ounce) can pineapple chunks  
2 oranges, peeled and cut into bite-size pieces  
1 pint fat free plain yogurt

Combine all ingredients and gently stir to blend thoroughly.

Cover and chill in refrigerator for 24 hours or more.

Serves 6

Nutrition information per serving:

Calories	100	Total Fat	0 g
Cholesterol	0 mg	Saturated Fat	0 g
Sodium	60 mg	Carbohydrates	21 g
Protein	5 g	Fiber	2 g
Iron	<1 mg	Vitamin A	74 RE
Calcium	177 mg	Vitamin C	30 mg



## Garlic Spinach Dip/recipe by www.whymilk.com

Makes 1 ¾ cups

1 (15.5 ounce) can spinach, drained and chopped  
1 (8 ounce) package reduced fat cream cheese  
2 tbs. dry milk + 1/3 cup water  
¼ tsp. garlic powder  
1/8 tsp seasoned salt  
dash bottled hot pepper sauce  
crackers

In a blender or bowl, combine spinach, cream cheese, reconstituted milk, garlic powder, seasoned salt, and hot pepper. Blend until smooth.

Transfer to a serving bowl. Serve with crackers.

Nutrients per ¼ cup serving:

Calories	90	Total Fat	5 g
Cholesterol	15 mg	Saturated Fat	3.5 g
Sodium	200 mg	Carbohydrates	5 g
Protein	5 g	Fiber	2 g
Iron	1 mg	Vitamin A	680 RE
Calcium	140 mg	Vitamin C	9 mg